

Prime Time – January 2009

rev 12/20/08

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Travel: NO PRACTICE Local: NO FC WORKOUT		18 Shock / 18 Express – GLPL 16's TEAMS – Bloomington WU Tourn
4	5	6	7	8	9	10
18 Shock / 18 Express – GLPL 18 Bam – Bloomington WU Tournament All 16s Practice @ STM: 3:00-6:00pm	18 Shock / 18 Express / 16 Force: 7:00-9:00pm @ ARC 1 18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 8:00-9:30pm @ FC	18 Shock / 18 Express / 16 Force: 8:30-9:30pm @ FC	All Teams: 7:00-9:00pm @ ARC 1	All Teams (Individual Skills' Practice): 7:00-9:00pm @ ARC 1 NO FC WORKOUT		18's TEAMS – Bloomington KO Tourn
11	12	13	14	15	16	17
18's TEAMS – Bloomington KO Tourn All 16s Practice @ STM: 3:00-6:00pm	18 Shock / 18 Express / 16 Force: 7:00-9:00pm @ ARC 1 18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 8:00-9:30pm @ FC	18 Shock / 18 Express / 16 Force: 8:30-9:30pm @ FC	All Teams: 7:00-9:00pm @ ARC 1	All Teams (Individual Skills' Practice): 7:00-9:00pm @ ARC 1 NO FC WORKOUT		16's TEAMS – Bloomington KO Tourn
18	19	20	21	22	23	24
16's TEAMS – Bloomington KO Tourn All 18s Practice @ STM: 3:00-6:00pm	18 Shock / 18 Express / 16 Force: 7:15-9:30pm @ SJL 18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 8:00-9:30pm @ FC	18 Shock / 18 Express / 16 Force: 8:30-9:30pm @ FC	18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 6:00-9:00pm @ SJL	18 Shock / 18 Express / 16 Force: NO PRACTICE 18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 8:00-9:30pm @ FC		18 Shock / 18 Express – GLPL
25	26	27	28	29	30	31
18 Shock / 18 Express – GLPL 18 LOCAL – Eastside FOS (East Peoria, IL) All 16s Practice @ STM: 3:00-6:00pm	18 Shock / 18 Express / 16 Force: NO PRACTICE 18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 8:00-9:30pm @ FC	18 Shock / 18 Express / 16 Force: 7:15-9:30pm SJL NO FC	18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 6:00-9:00pm @ SJL	18 Shock / 18 Express / 16 Force: NO PRACTICE 18 Bam / 16 Chaos / 16 Dynamite / 16 Explosion: 8:00-9:30pm @ FC		